

DINNERLY



v2 Plant-Based Meatballs and Spaghetti with Tomato Sauce



30 minutes



2 Servings

This is our vegetarian spin on the beloved Italian classic. Made with v2 plant-based mince, these meat-free meatballs simmered in a rich tomato sauce are sure to be a hit!

WHAT WE SEND

- parsley
- 250g v2 plant-based mince ⁶
- 20g panko breadcrumbs ¹
- 10g Italian seasoning ¹⁷
- 250g spaghetti ¹
- 1 onion
- 400g diced tomatoes

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 egg ³
- 2 garlic cloves
- 1½ tbs olive oil
- 1 tbs tomato paste

TOOLS

- medium saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 875kcal, Fat 34.4g, Carbs 93.4g,
Proteins 40.7g



1. Make meatballs

Bring a medium saucepan of salted water to the boil for the spaghetti. Finely chop the **parsley** leaves and stems, keeping them separate. Put the **plant-based mince**, **breadcrumbs**, **half the Italian seasoning**, **half the parsley leaves** and **1 egg** in a bowl. Season with **salt and pepper**. Using damp hands, combine well, then shape into walnut-sized balls.



2. Cook spaghetti

Cook **three-quarters of the spaghetti*** in the pan of boiling water for 12 mins or until al dente. Reserve **60ml (¼ cup) cooking water**, then drain the spaghetti. Meanwhile, finely chop the **onion**. Crush or finely chop **2 garlic cloves**.



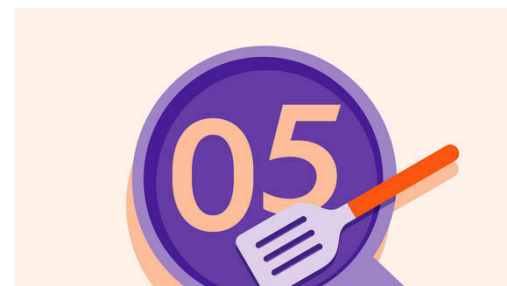
3. Brown meatballs

Heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the **meatballs**, turning occasionally, for 4 mins or until browned. Remove from the pan. Heat **2 tsp olive oil** in the pan over medium heat. Cook the **onion** for 3-4 mins until softened. Add the **garlic**, **parsley stems** and **remaining Italian seasoning** and cook, stirring, for 1-2 mins until fragrant.



4. Simmer sauce

Add the **tomatoes**, **1 tbs tomato paste** and **125ml (½ cup) water** to the pan and bring to the boil. Reduce the heat to medium, then add the **meatballs** and cook, stirring occasionally, for 6 mins or until the sauce is slightly reduced.



5. Serve up

Add the **spaghetti** and **reserved cooking water** to the sauce, season with **salt and pepper** and toss to coat. Divide the **meatballs and spaghetti** among bowls, scatter over the **remaining parsley** and enjoy!



6. Make it yours

Like things cheesy? Scatter over grated mozzarella or cheddar to serve.